

# living well with diabetes

## Upcoming Programs

presented by HR/OM Health Promotion Program

### Thursday, October 26

12 noon – 1 p.m

Bldg 490

Large Conference Room

### Preventing Kidney Disease in Diabetes and Hypertension

This lecture and screening event is presented by North Shore/LIJ University Hospital Nephrology Institute.

The main risk factors are diabetes, hypertension and a family history of these illnesses.

Learn the basics of kidney function and early detection of disease.

The program will include an optional urine screening test.

### Thursday, November 2

12 noon – 1 p.m

Berkner Hall, Room B

### Holiday Eating & Diabetes

Registered dietitian Amy Shapiro will discuss strategies and recipes for holiday eating!

Enjoy the holidays in good health!

### Tuesday, December 5

12 noon – 1 p.m

Berkner Hall, Room B

### Hi -Tech Diabetes

Susan Wilk, Co-Director of the Diabetes Coalition of Long Island will discuss insulin pumps.

When do you need one?

What are the benefits?

When should you not use one?



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Name \_\_\_\_\_

Bldg. \_\_\_\_\_

Life # \_\_\_\_\_

E-mail \_\_\_\_\_

Ext. \_\_\_\_\_

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Please send your completed form to Michael Thorn, Bldg. 490 or email [mthorn@bnl.gov](mailto:mthorn@bnl.gov) or phone, Ext. 8612.